

# CBD

## TREND OR TREATMENT?

### What is CBD?

CBD (cannabidiol) is a chemical found in the cannabis plant. CBD doesn't make a user high like its close partner, THC, but does have many side effects. As CBD grows in popularity, it is important to be educated about CBD in order to make safe and informed decisions.



## Two Types of CBD

While the legality of CBD varies from state to state, one of the defining characteristics is its origin, marijuana or hemp.



### Full Spectrum:

- Derived from marijuana
- Contains all chemicals, including THC and other cannabinoids
- Has higher amounts of THC than isolated CBD
- Illegal in states where marijuana is illegal



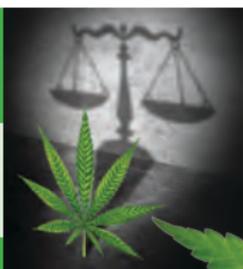
### Isolated:

- Commonly derived from hemp
- Only CBD (may contain trace amounts of THC)
- Not as potent as full spectrum
- Legality varies from state to state

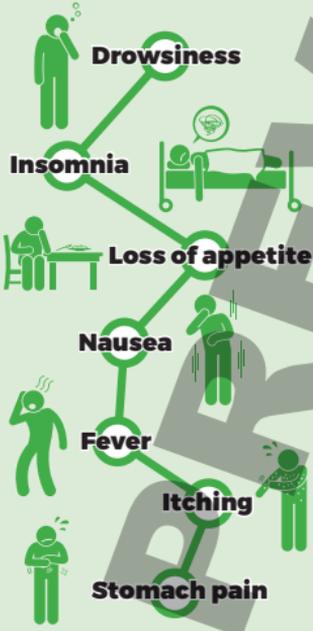
### Legality:

## CBD without FDA approval is considered a Schedule 1 drug.

If you're in the military, all products containing hemp are illegal. Using CBD can cause you to fail a drug test due to the small amounts of THC present.



### Short-term Effects:



### Long-term Effects Unknown:

Little research has been done on the long-term health effects of CBD, making long-term use of CBD a gamble. While FDA approved products containing CBD may be safe in the short-term, time will tell if CBD is safe for long-term use.

### Are There Health Benefits?

Some clinical studies show that CBD helps symptoms such as:

- Pain • Anxiety • Arthritis • Epilepsy
- PTSD • Alcoholism • Schizophrenia and other disorders

However, there isn't enough research to say for certain that CBD is safe or effective.



Because the long-term effects of CBD are unknown, users should be cautious and only use CBD when prescribed by a doctor.

# CBD - Be Responsible